



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Fall 2020

Nutrition Educators Begin Fall Classes

This fall, Extension Nutrition Educators will be teaching virtually to reach groups of FoodShare-eligible parents. *Eating Smart & Being Active* is a 9-lesson series featuring techniques for saving money when shopping for food, ways to incorporate low-cost fruits and vegetables into meals, healthy recipe demos, and simple exercises that can be done at home.



Extension Nutrition Educators will also be teaching youth audiences virtually with *Kids in the Kitchen* and *Teen Cuisine*, which are programs that introduce youth to basic nutrition concepts while helping them to learn to read recipes and prepare food.



To learn more, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

UW-Madison, Division of Extension in Waukesha County to run Aging Mastery Program

Extension will be offering the *Aging Mastery Program* October 13 through December 15.

This free program provides a comprehensive and fun approach to positive aging by focusing on key aspects of health, finances, relationships, personal growth, and community involvement.



National Council on Aging

For more information, please contact Jen Whitty at jennifer.whitty@wisc.edu.

2020 Fall Urban Forestry Workshop Presented Online

This year's Extension Urban Forestry Workshop, being hosted online for free, began September 25 and continues October 2, October 9 and October 16 from 9 to 11 a.m. This four-week online workshop series will provide training for urban forestry clientele on current trends and research based information regarding tree selection, quality trees, community tree management and the use of gravel beds for nursery stock.

For more information about commercial horticulture programs, contact Kristin by email at krokowski@wisc.edu.

Fall Enrollment Underway for Extension 4-H in Waukesha County

Extension 4-H clubs in Waukesha County are back up and running and 4-H fall enrollment has begun. Some 4-H clubs are meeting virtually and some in person. Youth from five-year Kindergarten to one year past high school learn important life skills like leadership, team work, critical thinking and communication to help prepare them for successful futures. They do all this while engaging in fun, hands-on 4-H activities! For a list of clubs in Waukesha County, visit www.waukeshaextension.gov/UWEX/4H/CCLubs/.

For more information about 4-H, visit our website at www.waukeshaextension.gov/UWEX/4H/.



Extension Launches Foundations in Horticulture Program

This fall, Extension educators in Waukesha, Milwaukee, Winnebago, Douglas and Brown counties are collaborating to pilot the *Foundations In Horticulture* Program. *Foundations in Horticulture* is an online educational course for those interested in expanding their knowledge of Wisconsin horticulture.

This course includes an introduction to plant disease; insect, weed, and wildlife pests; and basics on woody and herbaceous ornamental plants, fruits and vegetables, and lawns. *Foundations in Horticulture* is a prerequisite for becoming a certified Extension Master Gardener Volunteer.

For more information about *Foundations in Horticulture* or the Master Gardener program, visit our website at www.waukeshacounty.gov/UWEX/HORT/MG/.

Badger Flame Beets

This past spring, Extension in Waukesha County offered free Badger Flame Beet seeds to the first 25 residents who requested them in response to our Facebook post.

The Badger Flame Beet was developed by UW-Madison Horticulturist Irwin Goldman and it is described as “all the vegetal sweetness of the beet, without the polarizing earthiness.”

Here are a few of the photos participants sent in of their Badger Flame Beet adventure.



Assistance Available for Nonprofits During COVID

As nonprofit organizations continue to operate in a volatile, uncertain, complex, and ambiguous world, Extension in Waukesha County provides an updated approach to the traditional strategic planning model. The goal is for organizations to better respond to ever-emerging challenges and opportunities.

To help your organization think and act strategically more frequently, instead of once every few years, apply these principles today:

- clarify organizational identity,
- know your market,
- review competitive advantage,
- have explicit decision-making criteria and
- identify the challenges you are facing.

For more information, contact Steve at steven.chmielewski@wisc.edu today.

Summer Extension Program Updates

Due to the Coronavirus pandemic, Extension in Waukesha County adjusted their programming to continue to offer Waukesha County residents quality educational opportunities. Below are some examples of what took place:

4-H—Youth attended camp at home using a “camp in a box” kit provided by Extension which included food project and science activities and starter supplies. Youth also participated in virtual science projects, including a DIY lava lamp, youtu.be/Y-MFPHZpNjY. 4-H youth were able to exhibit the 4-H projects they prepared for all year at the revised County Fair.

Health & Well-Being—The *StrongBodies* strength training program was held virtually with 34 older adult participants exercising twice a week.

Horticulture—Educators worked with local and statewide farmer’s markets to assist them to safely remain open.

Nutrition—Educators taught four *Kids in the Kitchen* virtual nutrition lessons to thirty-one 4-H youth, and six lessons to fifteen youth enrolled in the *Menomonee Falls Summer Kids INC* program thanks to a generous donation from ProHealth Care. In June, a series of four *Cooking Matters* lessons were taught to parents enrolled in WIC.

For more information about Extension Waukesha County programming, please call 262-548-7770 or visit our website at www.waukeshacounty.gov/uwex/.



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